

# Accessing Therapy Services: Tips for Families and Caregivers

Therapy services can play a key role in maintaining independence and quality of life for people living with dementia. However, accessing them can be challenging. Here are some tips to help navigate the process:

1. **Ask Questions:** Learn what therapy services are available, how goals are set, and how progress is measured to ensure the care is appropriate and effective.
2. **Stay Informed:** Communicate regularly with the care team, take part in care planning, and stay updated on the person's progress and challenges.
3. **Request Ongoing Assessments:** Ensure regular evaluations of physical, cognitive, and communication abilities. Speak up if you notice changes—therapy needs can shift over time.
4. **Support Person-Centered Care:** Ensure that therapy services reflect the individual's interests and needs.
5. **Promote Teamwork:** Encourage teamwork among family, therapists, nurses, and other caregivers to improve therapy outcomes.

# LONG TERM CARE COMMUNITY COALITION

*Advancing Quality, Dignity & Justice*

This Dementia Care Card is part of a toolkit of resources to help improve care for individuals living with dementia. For more detailed information on this topic and other useful resources, visit [www.nursinghome411.org/dementia-care-in-the-community](http://www.nursinghome411.org/dementia-care-in-the-community).

**Visit [www.NursingHome411.org](http://www.NursingHome411.org) for...**

- Dementia care resources,
- Fact sheets on nursing home resident rights,
- Information on nursing home staffing & quality,
- Assisted living guides,
- Family empowerment resources,
- Educational webinars,
- And much more!

**All resources are free to  
use and share.**

